

PROVERBS

Week 10: Laugh at the Days to Come

Primary Passages: Proverbs 31:10-31, 1 Peter 5:6-7

"When you stop trying to control your life and instead allow your anxieties and problems to bring you to God in prayer, you shift from worry to watching. You watch God weave his patterns in the story of your life... Instead of fighting anxiety, we can use it as a springboard to bending our hearts to God. Instead of trying to suppress anxiety, manage it, or smother it with pleasure, we can turn our anxiety toward God. When we do that, we'll discover that we've slipped into continuous praying."

- Paul Miller, *A Praying Life*

LifeGroup Study Guide:

Recap: Have someone read **Proverbs 31:25** and recap the big ideas from this week's sermon.

- When you think about the uncertainty of the future, how are you most likely to respond (fear, sadness, anger, escape, hyper-focus, anxiety, worry)?

Read 1 Peter 5:6-7. What is the connection between humility and anxiety?

- Where have you seen God most at work in your life and the lives of people around you in the last year? What effects do you notice on your mind and soul as you cultivate thankfulness and reflect on God's faithfulness?

Interactive: Take some time to review the mind maps. For people who weren't there on Sunday, the mind map is included in the next page of this study guide. Share the biggest things that concern you and/or areas where you are watching to see God work in the upcoming season.

Pray: Carve out a good chunk of time to for each other and all of the things we are hoping to see God do in the upcoming season.

Pray for us to more and more become a people who laugh at the days to come; and walk confidently in the humble awareness that God is working.